

Beach Safety

- Protect your skin. Wear a sunscreen with a sun protection factor, or SPF, containing a high rating such as 15 or greater.
- Drink plenty of water often, even if you do not feel thirsty. Your body needs water to keep cool. Avoid drinks with alcohol or caffeine in them.
- Watch for signs of heat injury. Call 9-1-1 or your local EMS number.
- Wear eye protection. Sunglasses are like sunscreen for your eyes and protect against damage that can occur from UV rays. Be sure to wear sunglasses with labels that indicate that they absorb at least 90 percent of UV sunlight.
- Wear foot protection. Many times, people's feet can get burned from the sand or cut from glass in the sand.

